

# Resources and Supports in the PIMS Network for Mental Health and Sexual Harassment



The following directory of support services is arranged alphabetically by the name of each University

## SIMON FRASER UNIVERSITY

**Sexual Violence Support and Prevention Office:** (778-782-7233)

<https://www.sfu.ca/sexual-violence.html>

[sv-support@sfu.ca](mailto:sv-support@sfu.ca)

**Health and Counselling:** (Burnaby 778-782-4615)

(Vancouver 778-782-5200) [hcsinfo@sfu.ca](mailto:hcsinfo@sfu.ca)

<https://www.sfu.ca/students/health/resources/my-ssp.html>

## UNIVERSITY OF ALBERTA

**Mental Health Resources for Students:** <https://www.ualberta.ca/current-students/wellness/mental-health/index.html>

**Mental Health Resources for Everyone:** <https://www.ualberta.ca/human-resources-health-safety-environment/health-and-wellbeing/healthy-mind/resources.html>

**Sexual Assault Centre:** <https://www.ualberta.ca/current-students/sexual-assault-centre/index.html>

## UNIVERSITY OF BRITISH COLUMBIA

**Student Counselling Services:** (604-822-3811)

<https://students.ubc.ca/health/counselling-services>

**Sexual Violence Prevention & Response Office (SVPRO):**

(604-822-1588) <https://svpro.ubc.ca>

## UNIVERSITY OF CALGARY

**Student Wellness:** (403-210-9355)

<https://www.ucalgary.ca/wellness-services>

**Staff Wellness:** (403-220-2918)

<https://www.ucalgary.ca/hr/wellness>

**Sexual Violence Support:** (403-220-2208)

<https://www.ucalgary.ca/sexual-violence-support>  
[svsa@ucalgary.ca](mailto:svsa@ucalgary.ca)

## UNIVERSITY OF LETHBRIDGE

**Mental Health:**

<https://www.uleth.ca/hr/health-centre/mental-health-team-health-centre>

**Sexual Violence Support and Education:**

<https://www.uleth.ca/sexual-violence/information-and-support-during-covid-19>

## UNIVERSITY OF MANITOBA

**Student Counselling Resources:** (204-474-8592)

<https://umanitoba.ca/student-supports/counselling-resources-students>

**Sexual Violence Resource Centre:** (204-474-6562)

<https://umanitoba.ca/student-supports/sexual-violence-support-and-education>

**Mental Health Resources for Students:**

[https://news.umanitoba.ca/mental-health-supports-for-students-reach-out-for-help-now/?utm\\_source=waag&utm\\_medium=email](https://news.umanitoba.ca/mental-health-supports-for-students-reach-out-for-help-now/?utm_source=waag&utm_medium=email)

**Winnipeg Public Library:**

<https://guides.wpl.winnipeg.ca/mentalhealth>

**Manitoba Psychological Society:**

<https://mps.ca/find-psychologist/>

## UNIVERSITY OF REGINA

**University of Regina Mental Wellness Hub:**

<https://www.uregina.ca/mental-wellness/index.html>

**University of Regina Sexual Violence, Prevention, and Response:**

<https://www.uregina.ca/sexual-violence/>

## UNIVERSITY OF SASKATCHEWAN

**Student Wellness Centre:**

<https://students.usask.ca/health/centres/wellness-centre.php#ServicechangestohelpslowthespreadofCOVID19>

**Support for Survivors of Sexual Violence:**

<https://students.usask.ca/articles/disclose-sexual-assault.php>

## UNIVERSITY OF VICTORIA

**UVic Counselling:** (250-721-8563)

<https://www.uvic.ca/services/counselling/home/contact/index.php>  
[swcreception@uvic.ca](mailto:swcreception@uvic.ca)

**Sexualized Violence Resource Office:** (250-721-8021)

<https://www.uvic.ca/sexualizedviolence/get-support/index.php>  
[svpcoordinator@uvic.ca](mailto:svpcoordinator@uvic.ca)

## UNIVERSITY OF WASHINGTON

**Sexual Assault Resources:**

<https://www.washington.edu/sexualassault/>

**Safe Campus:** (206-685-7233)

<https://www.washington.edu/safecampus/sexual-assault/safecampus@uw.edu>